

Vegan Prisoners Support Group

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To: All Catering Managers/Visitors' Centres

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VPSG/Vegan Society Awards 2011

Catering Awards

To be nominated for one of our Awards, prisons need to follow our basic nutritional recommendations listed in our Catering Information Guide, which includes providing every week: 3½ L fortified soya milk (in order to provide sufficient Calcium and B12); 200g (7oz) mixed nuts and seeds; 255g (9oz) mixed dried fruit/raisins; 255g (9oz) muesli with oats and 14-21 pieces of fruit (comprising of 3 bananas and at least one citrus fruit/day).

GOLD STAR-PLUS

HMP Coldingley

Catering Manager Paul Rowling and team

HMP Coldingley is the first public prison to win our Top award for their efforts in providing their vegan prisoners with equal opportunities. The nominee's comments below outlines why this prison has won one of our Gold Star-Plus awards.

"I have nominated this prison for an award as the food is very tasty, varied and healthy. I also appreciate all the time and effort taken to make sure I am provided with my nutritional requirements. I am also grateful for being able to purchase vegan products via mail-order and that the Visitors Centre has taken the trouble to make vegan products available for my visitors to purchase."

The menu choices include: homemade Cornish pasties, moussaka, nut roast, chickpea paella, bean and vegetable pilaf, lentil cutlets, bean and lentil patties, split pea pakoras, stuffed aubergine and brown rice risotto. They even make their own vegan mayonnaise.

GOLD STAR-PLUS

HMP Bronzefield

Catering Manager Jamie Gibson and team

HMP Bronzefield have been nominated once again, and now even provide a choice of two vegan meals daily. Their Prison Shop and Visitors Centre are well stocked with vegan products, which is why they have earned themselves one of our Gold Star-Plus awards.

Popular lunchtime choices are mixed bean and olive salad, vegetable and pesto pasta and chickpea salsa. Amongst the main meals are spinach and mushroom pasta, mixed bean stew, pesto bake, peanut, coconut and vegetable curry, chickpea curry, vegetable biryani and green lentil dhal. Fresh fruit and soya yoghurt is available every day.

The Prison Shop has three chocolate treats for sale: Organica Bars, Whizzers and Moo-free chocolate drops, and a well-stocked supply of vegan toiletries.

For details of their Visitors Centre award see page 3!

GOLD STAR AWARD

HMP Stafford

Catering Manager Barry Bramhall and team

HMP Stafford's standards have remained constant over the years as well as being diverse and inventive, and this has earned them one of our Gold Star awards this year.

The nominee said: *"I would like to commend the catering team at HMP Stafford for the excellent cuisine. The vegan menu is appealing and diverse as I am able to choose from at least two vegan options at lunchtime. Care and attention is given to presentation and the combination of ingredients. The Indonesian salad with peanut butter dressing and borlotti bean and walnut salad are really tasty and popular with many other non-vegan prisoners too. Desserts are varied and really appreciated."*

Some of the other lunchtime choices are green lentil salad, baked sweet potato and spicy beans, vegan ploughman's, aubergine and chilli baguette.

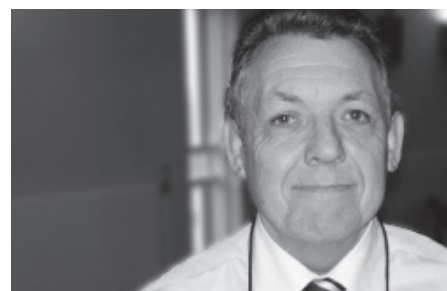
Some of their main course dishes are butternut squash lasagne, tofu catalan, tofu tomato and leek casserole, butternut squash and almond cottage pie.

Desserts include apple turnovers, prune and apricot crumble, rhubarb crumble, coconut and sultana rice pudding, peach strudel and sauce, stuffed baked apples, poached pears and sauce, fruit pancakes and vegan yoghurt.

The vegan packs also include vegan cheese or peanut butter, walnuts and almonds, dried and fresh fruit as well as sunflower and sesame seeds.



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Barry Bramhall, HMP Stafford Catering Manager.

Vegan Choice - the Healthy Option

by Barry Bramhall

I am always on the look out for healthy options to put on the prison menu. I am constantly trying to promote nutritious and tasty alternatives to prisoners. They perceive low fat is low taste and boring. I was checking out my vegan options for the new menus and realised that of course they ticked all the boxes for healthy options. I opened the vegan choices to all prisoners and found that the uptake was quite good. After a couple of months the vegan meal has become a firm favourite with non veggies too. I have 14 vegans at the moment and I have between 50 – 70 requests for vegan choices. I am sure some of them pick the vegan choice without realising exactly what vegan stands for, but it opens up a discussion with some vegans and who knows, there maybe some converts!



Dave Clough, Isle of Wight Prisons

Dave was one of the first catering managers to produce a vegan pudding and worked extremely hard to provide equal opportunities for vegan prisoners. Dave was always there at the end of the phone to offer us help/advice. If there was a question we needed help with he was always there and never turned us away even when he was short-staffed. Thanks Dave, you will be missed by us all here at the VPSG.

GOLD STAR

HMP Isle of Wight Prisons

Catering Managers Nigel Spiers, Paul McDougall and team

HMP Isle of Wight prisons have earned themselves yet another Gold Star Award this year.

The nominee said: *"The standards of my meals remain high and the meals tasty. I appreciate all their efforts to provide me with my vegan requirements."*

The Baguettes are often filled with homemade hummus, roasted vegetables and various pâtés.

Some of the popular main courses are African stew, spinach and tofu lasagne (see page 4) and chickpea and vegetable tagine.

Popular desserts are their homemade bread pudding, semolina, rice pudding and apple and rhubarb crumbles.

GOLD STAR

HMP Guys Marsh

Catering Manager Steve Butler and team

Baguettes are very popular, filled with their home-made tzatziki made with soya yoghurt, cucumber, thin strips of beetroot, baby leaves, minced garlic and seasoning. Some of their other fillings are hummus, roasted peppers and onions, bean pâté (which has a blend of 3-4 different types of beans), blended with fresh herbs from their kitchen garden. At the moment they are even trialling their own nut butter.

They also roast peppers with celery, leeks, potatoes, garlic and fresh herbs. Salads are served in foil containers so they don't make the baguette go soggy*.

Main courses include homemade nut roast, spinach and roasted peanut cakes with a herb and tomato sauce, roasted garden vegetables and satay sauce, vegetable jambalaya, lentil and herb croquettes, chickpea patties and lentil pies. Their vegetables offered include Pak Choy, spinach and savoy cabbage.

*(Good idea as we frequently receive complaints from prisoners at various prisons complaining about soggy sandwiches being offered.)

2nd year award

HMP Wandsworth

Catering Manager Neil Tyson and team

The nominee commented: *"the vegan choice is varied and includes lentils and beans dishes, which I always choose. One of my favourites is the pearl barley, pea and rocket salad."*

Other choices include tofu and sweet chilli wrap, fruit and nut couscous, harvest barley soup and cauliflower wrap. Some of the tasty main course dishes are tofu keema (recipe on page 4) roast sesame and vegetable roll, butter bean

casserole, butternut squash with tofu and almonds, lentil wellington, Caribbean stew, Tahitian banana and vegetable curry, curried chickpea and cauliflower salad and spicy tofu and rice pilaf.

1st year award

HMP Kennett

Catering Manager David Thompson and team

The vegan options include many homemade dishes, such as their split pea and lentil, leek and potato, and mushroom soups. Other choices are: pizzas topped with mushroom, courgettes and tofu, vegetable and tofu stir-fry, chickpea and vegetable bake, creamy leek in pastry parcel, vegetable korma, and cauliflower and broccoli mornay.

Some of their popular mainstays are vegan sausage casserole, bubble and squeak, vegan shepherd's pie and vegan bolognese sauce on spaghetti.

The rice pudding made with soya milk is always popular and they are currently even working on a vegan version of Manchester tart. Vegan yoghurt is also provided at weekends.

1st year award

HMP Eastwood Park

Catering Manager Kevin Brockway and team

Many homemade dishes are produced such as hummus, vegetable and bean pâtés, vegetable and tofu pie, vegetable stroganoff, creamy broccoli and cauliflower bake, lentil and mushroom bake, cottage pie, mushroom and vegetable pie, vegetable crumble, creamy soya and broccoli pasta, as well as tofu and vegetable stir-fry.

Vegan packs include soya yoghurt, dried fruit, nuts, oat biscuits and vegan cheese.

The nominee said: *"I am so grateful for all the effort they put into making the vegan option something to look forward to at mealtimes."*

1st year award

HMP Drake Hall

Catering Manager Jane Wright and team

One of their popular baguette fillings is Roasted Tofu and Red Pepper, which is marinated in ginger and soya sauce overnight before being roasted and chilled. A few of the other lunchtime choices are butter bean, hummus and carrot wrap, beetroot and hummus wrap, and peanut butter hummus wrap.

Amongst the main courses are roasted vegetable and tofu tarte tatin (see page 4), lentil, barley and spinach pie, lentil and vegetable hot pot, stuffed peppers with beans and tofu, courgette and couscous gratin, bean burrito, vegetable and lentil korma, vegetable and bean

ragout, and chilli sin carne.

1st Year Award

HMP Lewes

Catering Manager Dan Smith and team

Winners of last year's Yuletide competition with their Vegan Wellington, they have won their first award this year. Some of their dishes are vegetable and lentil soup, carrot and lentil wrap, vegetable and bean wrap and mixed bean rolls. Main courses include bean risotto, vegetable and bean paella, braised pepper, kidney beans and mushroom rice, savoury vegetable and bean roast, mushroom and pepper stroganoff, mixed bean pasta bake and peppers (stuffed with couscous, nuts and red peppers).



Another Special Award for

Tony Charlton, Catering Manager at HMP The Verne

Tony Charlton continues with his efforts to ensure equal opportunities for vegan prisoners. He is even making his own nut roast as 3663 are unable to provide one that is suitable for vegans.

He also makes sure that when his vegan prisoners have visitors, there are nut luncheon rolls available for purchase as well as checking there is soya milk and drinks, Nakd Bars, Organica chocolate bars and other vegan items on sale.

The nominee said: *"it is so much appreciated that my family are able to buy vegan products during visits. One of the first things my children ask when they come to visit is have they been able to make those tasty baguettes today?"*



I can confirm that the 3663 mince pies codes 83451 (Everyday Mince Pies) and 50298 (Deep Fill Mince Pies) are suitable for vegans.

Theo Anjorin, Food Category Team



Visitors Centre Awards

HMP Littlehey's Visitors Centre

has won one of our awards. They stock dairy-free chocolate bars, Swiss dark chocolate bars, and also Berry Cheeky, Coco Loco and Ginger Bread Nakd bars. They also stock strawberry and chocolate soya drinks.

The Downs' Visitors Centre

has won another award this year as they continue to provide a variety of vegan goodies including dairy-free chocolate and white buttons, strawberry and chocolate Alpro soya drinks, and Alpro strawberry and vanilla desserts. They even managed to source a vegan cake for one of their prisoners this year!

Coldingley's Visitors Shop

has won another award this year as they continue to stock a variety of vegan confectionery, such as the Organica range of goodies, Alpro soya drinks, fresh fruit and flapjacks.

Friends of Bronzefield

wins yet another award. The nominee says: "the visitors shop is fantastic and there is always a well-stocked variety of vegan goodies – Whizzers, chocolate buttons, Nakd bars, free-from chocolate bars, Organica chocolate, marzipan bars, and Doves Farm chocolate crisp bars. It makes visits great!"

Easy Guide to help you provide a healthy nutritional vegan diet

Provide plenty of brightly coloured fruit and vegetables including dark green leafy vegetables. Examples:

GREEN - Green leafy vegetables and broccoli have special characteristics, in particular high levels of vitamin K which may improve bone health. Other green vegetables include brussel sprouts, cabbage and kale.

ORANGE - Carrots are an excellent source of beta carotene. This is better absorbed if the carrots are cooked or juiced. Other orange fruits and vegetables include butternut squash, sweet potatoes, apricots and mangos.

ORANGE/YELLOW - These cousins to the orange family are rich in beta-cryptoxanthin, an antioxidant understood to protect cells from damage: carrots, mango, oranges, peaches and tangerines.

RED - Tomatoes are a good source of lycopene. This antioxidant is better absorbed from processed tomato products and cooked rather than raw tomatoes.

RED/PURPLE - Foods include: aubergine, blackberries, blueberries, deep purple grapes, purple plums, red apples, red cabbage, red onions and strawberries.

YELLOW/GREEN - Foods include: celery, courgettes, green beans, green and yellow peppers, kale, kiwi, leeks, oranges, peas, romaine lettuce, spinach, spring greens and sweet corn.

WHITE/GREEN - Foods include: Garlic, onions, celery, leeks and mushrooms.

As well as providing:

- Plenty of beans and lentils (TVP too although not more than 2/3 times weekly)
- Nuts and seeds as they are a good source of vitamins, minerals, protein and EFA's.
- In addition provide 3 ½ litres of fortified soya milk to provide calcium and B12 sources.

Iodine is important for the proper functioning of the thyroid gland which should be made available on canteen sheets for prisoners to purchase Code: M108915

Ministry of JUSTICE Procurement - 'Monthly Food Report June 2011'



Catering Managers are reminded that if any product on the list is not available on our catalogue (on the intranet), then it should be ordered via the non-catalogue request route.

Theo Anjorin, Food Category Team

The Importance of Protein by Rebecca Henderson, Advocacy Officer at The Vegan Society



Protein is used by the body for growth and repair. Consuming sufficient protein is essential for health. It is therefore important to include good sources of protein in your vegan menus.

Pulses are a great source of protein in vegan diets. This includes: beans (such as black-eyed beans, butter beans, cannellini beans, chick peas, haricot beans, kidney beans), and soya products, such as tofu and soya mince. Regular moderate use of nuts is recommended for good health and they can contribute to overall protein intake. Yet as a source of protein, they are not comparable to pulses.

A balanced food intake should include a protein element. To ensure that an individual meal is balanced, check that it includes carbohydrate, protein and vegetables. Avoid falling into the trap

of serving meals that only consist of carbohydrates and vegetables. Include a good source of protein as well. You should also aim to vary the protein rich foods that you provide to ensure that prisoners receive a wide range of nutrients.

In terms of the amount of protein that you should be serving, the UK Reference Nutrient Intakes for protein are approximately 55g for men and 45g for women. Vegans may have slightly higher protein requirements to allow for differences in digestibility between some plant proteins and animal proteins.

To give you an idea of the quantity of protein-rich foods that you ought to be serving, the following foods all contain 20g protein:

Green lentils 40g (dry weight)

Red lentils 40g (dry weight)

Soya mince 60g (dry weight-depending on brand)

Tofu 100-200g (depending on brand)

Kidney beans 290g (tinned and drained)

Frozen peas 280g

Baked beans 400g

Aim to serve at least 20g of protein from pulses every day. This includes soya and products made from soya.

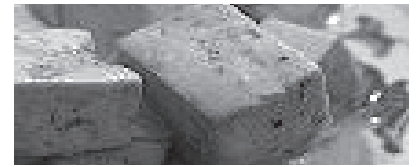
These are some ideas for how to include more protein in your vegan meals:

- When cooking pasta dishes, do not just serve them with a tomato sauce. Instead try making a lentil or soya bolognese.
- When making stir-fries, you should avoid just serving vegetables with rice. Try stirring in cooked beans or lentils or tofu.
- When it comes to sandwiches, rather than just serving a salad roll, include some protein as well. This might be humous, butter bean pâté, or you could experiment with one of the delicious, protein rich sandwich filling recipes in VPSG's Sandwich Filling booklet. (VPSG comment 'don't forget the nuts and seeds too!')

The Wonders of Tofu

Tofu, (also known as Soya Bean Curd), is a great food. It is high in protein. It is very low in saturated fats and is cholesterol-free. If it has been set with calcium, it can also be a good source of calcium. For centuries it has been the staple food for

millions of people in Asia. While it is possible to spend years perfecting the art of tofu making, it is equally possible to make tasty tofu on your first attempt.



Spinach and Tofu Lasagne

by HMP Isle of Wight

Ingredients	serves 10
vegetable oil	as required
onion, finely chopped	2
garlic, crushed	1 clove
peppers, chopped	2
mushrooms, chopped	200g (7 oz)
tinned tomatoes, chopped	400g (14 oz)
tomato purée	30g (1 oz)
vegan vegetable stock	1.13 L (2 pints)
tofu, diced (each box = 349g)	3 boxes (2 lb 5 oz)
spinach, roughly chopped	2 bunches
vegan margarine	115g (4 oz)
flour	70g (5 tbsp)
soya milk	1.13 L (2 pints)
salt and pepper	to taste
egg free lasagne sheets	20 sheets

Preheat the oven to 180°C/350°F/Gas 4.

Heat oil and fry onions, garlic, peppers and mushrooms until soft. Add tomatoes, tomato purée and stock. Simmer for 15 minutes. Stir in tofu and spinach.

Make white sauce using margarine, flour and soya milk. Season.

In an ovenproof dish layer lasagne sheets with sauces, finishing with a layer of white sauce. Bake for approximately 30 minutes.

Tofu and Mushroom Scrambler

Ingredients	serves 6
silken tofu	600g (21 oz)
vegetable oil	15ml (1 tbsp)
spring onions, finely chopped	115g (4 oz)
garlic	1 large clove
green pepper, finely diced	115g (4 oz)
mushrooms, thinly sliced	115g (4 oz)
frozen peas, defrosted	55g (2 oz)
soya sauce	15ml (1 tbsp)
fresh parsley, finely chopped	15g (1 tbsp)
turmeric	2½g (½ tsp)
salt and black pepper	to taste

Drain tofu, crumble and set aside.

Heat oil and gently fry the spring onions and garlic until soft. Add the peppers and mushrooms and sauté until tender. Add tofu and continue to cook for 5 minutes, stirring frequently. Add peas, soya sauce, parsley and turmeric and stir for a few minutes. Season.

Serving suggestion: Serve with rice, pitta bread or tortilla.

Tofu Keema by HMP Wandsworth

Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbs)	45ml (3 tbsp)
onion, chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	1 clove	2-3 cloves
coriander	5g (1 tsp)	12½ g (2½ tsp)
cumin	5g (1 tsp)	12½ g (2½ tsp)
chilli	5g (1 tsp)	12½ g (2½ tsp)
turmeric	5g (1 tsp)	12½ g (2½ tsp)
garam masala	5g (1tsp)	12½ g (2½ tsp)
potatoes, thinly sliced	200g (7 oz)	500g (17½ oz)
tomatoes, chopped	400g (14 oz)	900g (32 oz)
vegan vegetable stock	200ml (7 fl oz)	500 ml (17½ oz)
tofu, cubed	200g (7 oz)	500g (17½ oz)
frozen peas, defrosted	115g (4 oz)	285g (10 oz)
salt	to taste	to taste

Heat oil and fry onion and garlic until soft. Add spices and cook for a few minutes. Add the potatoes and cook for 5 minutes, stirring frequently. Add tomatoes and stock, bring to the boil, then reduce and simmer until potatoes are soft. Add tofu and peas and cook until sauce thickens. Add salt to taste.

Roasted Vegetable Tarte Tatin

by HMP Drake Hall

Ingredients	serves 5
tofu	200g (7 oz)
garlic, crushed	1 clove
paprika	2½g (½ tsp)
soya sauce	45ml (3 tbsp)
celery, chopped	2 sticks
parsnip, cut into 2½cm (1") batons	1 small
courgette, cut into 2½cm (1") batons	1 medium
green or red pepper, sliced	1
onion, sliced	1 small
vegetable oil	30g (2 tbsp)
fresh parsley, chopped	15g (1 tbsp)
salt and black pepper	to taste
puff pastry	100g (3½ oz)

Marinate tofu overnight in garlic, paprika and soya sauce.

Preheat oven 200°C/400°F/Gas 6.

Toss vegetables in olive oil and mix in parsley.

Place in an ovenproof dish 30x20cm (12 x 8") and bake in oven for approximately 10 minutes. Season. Allow to cool.

Roll out pastry and place on top of vegetables. Bake for approximately 25-30 minutes until the pastry has puffed and golden brown.

See the insert for Moussaka by HMP Coldingley and some tasty baguette fillings recipes.